

**Full Report (All Nutrients) 20061, Rice flour, white**

Report Date: October 05, 2015 03:35 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 4.16 Fat Factor: 8.37 Protein Factor: 3.82 Nitrogen to Protein Conversion Factor: 5.95

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 158g
<b>Proximates</b>					
Water	g	11.89	2	--	18.79
Energy	kcal	366	--	--	578
Energy	kJ	1531	--	--	2419
Protein	g	5.95	2	--	9.40
Total lipid (fat)	g	1.42	2	--	2.24
Ash	g	0.61	2	--	0.96
Carbohydrate, by difference	g	80.13	--	--	126.61
Fiber, total dietary	g	2.4	--	--	3.8
Sugars, total	g	0.12	--	--	0.19
<b>Minerals</b>					
Calcium, Ca	mg	10	2	--	16
Iron, Fe	mg	0.35	2	--	0.55
Magnesium, Mg	mg	35	2	--	55
Phosphorus, P	mg	98	2	--	155
Potassium, K	mg	76	2	--	120
Sodium, Na	mg	0	2	--	0
Zinc, Zn	mg	0.80	2	--	1.26
Copper, Cu	mg	0.130	2	--	0.205
Manganese, Mn	mg	1.200	2	--	1.896
Selenium, Se	µg	15.1	--	--	23.9
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.138	2	--	0.218

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 158g
Riboflavin	mg	0.021	2	--	0.033
Niacin	mg	2.590	2	--	4.092
Pantothenic acid	mg	0.819	2	--	1.294
Vitamin B-6	mg	0.436	2	--	0.689
Folate, total	µg	4	2	--	6
Folic acid	µg	0	--	--	0
Folate, food	µg	4	2	--	6
Folate, DFE	µg	4	--	--	6
Choline, total	mg	5.8	--	--	9.2
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.11	--	--	0.17
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone) <a href="#">1</a>	µg	0.0	1	--	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.386	--	--	0.610
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.008	--	--	0.013
16:0	g	0.345	--	--	0.545

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 158g
18:0	g	0.026	--	--	0.041
Fatty acids, total monounsaturated	g	0.442	--	--	0.698
16:1 undifferentiated	g	0.005	--	--	0.008
18:1 undifferentiated	g	0.436	--	--	0.689
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.379	--	--	0.599
18:2 undifferentiated	g	0.313	--	--	0.495
18:3 undifferentiated	g	0.067	--	--	0.106
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.072	20	--	0.114
Threonine	g	0.210	30	--	0.332
Isoleucine	g	0.244	30	--	0.386
Leucine	g	0.488	30	--	0.771
Lysine	g	0.207	31	--	0.327
Methionine	g	0.144	19	--	0.228
Cystine	g	0.107	27	--	0.169
Phenylalanine	g	0.317	29	--	0.501
Tyrosine	g	0.314	29	--	0.496
Valine	g	0.348	30	--	0.550
Arginine	g	0.516	30	--	0.815
Histidine	g	0.149	30	--	0.235
Alanine	g	0.332	29	--	0.525
Aspartic acid	g	0.549	29	--	0.867
Glutamic acid	g	1.097	29	--	1.733
Glycine	g	0.267	29	--	0.422
Proline	g	0.278	29	--	0.439

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 158g
Serine	g	0.310	29	--	0.490

**Other**

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

**Sources of Data**

<sup>1</sup>G. Ferland, D. MacDonald, J.A. Sadowski **Development of a diet low in vitamin K (phylloquinone)**, 1992 J. American Dietetic Assoc 92 5 pp.593-597

**Languag Code(s)**

- A0149 MILLED GRAIN OR STARCH PRODUCT (US CFR)
- A1290 2000 CEREAL GRAINS AND PASTA (USDA SR)
- B1322 RICE
- C0208 SEED, SKIN REMOVED, GERM REMOVED (ENDOSPERM)
- E0106 FINELY GROUND
- F0001 EXTENT OF HEAT TREATMENT NOT KNOWN
- G0003 COOKING METHOD NOT APPLICABLE
- H0138 WATER REMOVED
- J0116 DEHYDRATED OR DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION